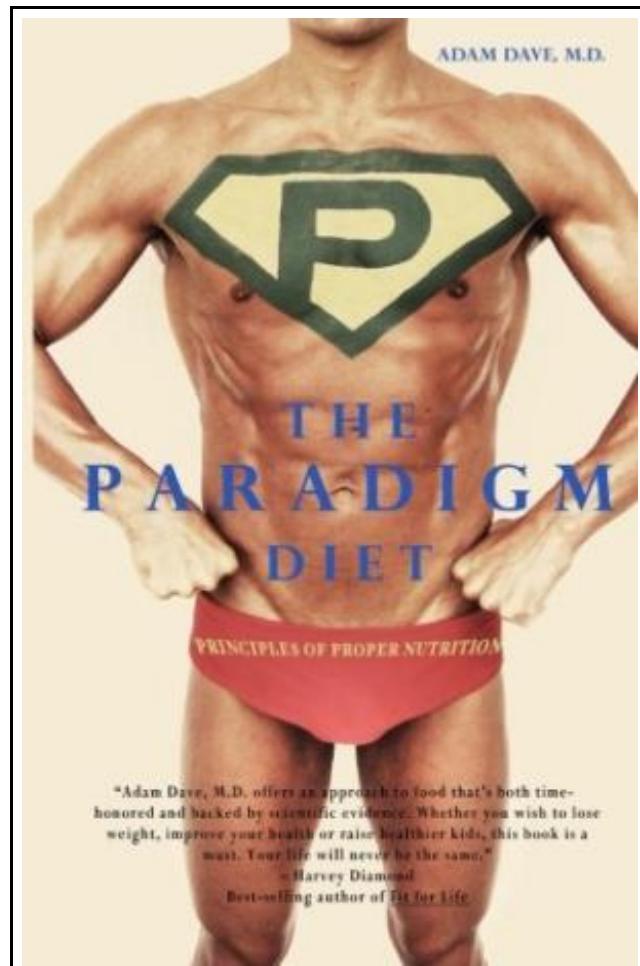


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Reviews

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Createspace, United States, 2011. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.THE PARADIGM DIET is a short, simple to read manual of applied nutrition for everyone - young, old, parents, and teens. With candor and humor, author Adam Dave, M.D. dispels dietary myths while providing the reader with the principles of proper nutrition. Next, from the premise that the ideal (Paradigm) diet should have six characteristics - maximally nutritious; innately delicious; available and affordable; properly prepared; environmentally friendly; unrefined, unprocessed, and whole - Dr. Dave proves beyond any doubt the healthiest diet on the planet, which is at once time-honored, newly rediscovered, and backed by scientific research. Finally, THE PARADIGM DIET proposes a practical means of implementing the perfect diet that is easy, efficient, affordable, and fun for one and all. If your wish is to lose weight, reduce cravings, increase fitness and muscle tone, make better food choices, eliminate allergies, decrease medication requirements, overcome addiction, or raise healthier kids, THE PARADIGM DIET is for you. Once you have perused its pages, you will know more about nutrition than many medical doctors, and be able to cook healthier meals than most 5-star chefs. Then, incorporate the Paradigm principles at once - at the market, in the kitchen, and at your next meal - to nourish yourself and those you love, with results that are both rapid and permanent. Health is more than merely the absence of disease. It is vitality, wholeness, and harmony of the body, mind, and soul. The food you eat transforms itself into the cells that shape your body, power your heart, transmit brain waves, and modulate your mood. As diet influences how we look, think, and feel, it is truly the doorway to health. From...

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